

## CALIFORNIA STATE BOARD OF HEALTH

# Weekly Bulletin



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Entered as second-class matter February 21, 1922, at the post office at Sacramento, California, under the Act of August 24, 1912.

Acceptance for mailing at special rate of postage provided for in Section 1103, Act of October 3, 1917.

Vol. I, No. 24

JULY 29, 1922

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EDITOR

### Clothes for Children.

By DR. ADELAIDE BROWN, San Francisco,  
Member State Board of Health

All clothes for children must fulfill certain demands. They must be made of material that is easily kept clean, that is not too expensive and that possesses some aesthetic value. And they must be adapted to the temperature, not to the calendar.

Warmth is best attained by a two-layer costume with a band or waist, supporting garters and leg covering. This costume furnishes bands of air enclosed by nonconducting surfaces surrounding the body, and kept warm by body heat. A third layer may be added as an outdoor garment, which, in its turn, produces a heat layer and conserves the body heat. Weight and multiplicity of garments with constricting waists and tight arm holes mean cold hands. The framework of a child is elastic, easily constrained, and poor posture results from improperly adjusted clothing.

Cleanliness requires clothes that not only may be washed and ironed easily but that will also stand repeated washings. These standards are best fulfilled by cotton, linen and silk—less perfectly by woolen goods. As all garments for little children, infants and toddlers must be tubbed daily, or at least three times a week, white is the most useful color.

When the personal taste of the adult can be shown, color, form and utility all come in. Applied to the child's

costume the same general principles work out. Shopping with a general plan in mind rather than hit or miss purchasing makes for well-dressed children. Even play clothes should be selected on a color scheme. Either black shoes, stockings, hair ribbons and hat, or a blue or a tan color scheme is smart; but pink bloomers, a blue dress, a white hat, plaid socks and tan shoes show whim and not brain in the purchasing adult.

The question of expense is often the crux of the situation. Many capable home makers today make their children's clothes, realizing that better material, and better allowances for growth in width of hems and tucks makes one dollar do the work of two. Shirts, underdrawers or combination suits, waists, stockings, and shoes are bought; but nightgowns, dresses, bloomers, white skirts, pajamas and blouses for boys are easily and reasonably made at home. The quantity of clothes provided also plays its part in expense. As a rule, too many rather than too few clothes are provided. Children grow rapidly and renewals are constantly necessary. Hence, an undue supply is extravagance.

A suitable outfit for a runabout of from two to six years of age would include four pairs of stockings, two pairs of shoes, three shirts, two waists, six rompers (the Gertrudes may be shortened by taking a piece in the middle and gathering the skirt onto the waist), six underdrawers, three white dresses (girl), three Russian



blouse suits (boy), a white corduroy coat and later a wool coat of a darker color, a sweater with sleeves and hats to suit the individual taste.

For older children two koveralls with sleeves make play garments adaptable to any climate. For school, two corduroy trousers and six wash shirts are suitable for boys. For girls, four to six gingham with bloomers to match greatly simplify the wardrobe and reduce washing. Three shirts, three waists, four underdrawers, four pairs long stockings and heavy shoes complete the costume, with a sweater and a reefer coat for out-of-doors.

Mothers must see to it that their children's clothes have no tight bands at waist, knee, arm hole or neck, as these restrict circulation and make cold extremities. Circular garters should not be tight if worn at all. Tight arm holes, restricting the freedom of the shoulder girdle and pulling down the shoulders are one factor in making the fatigue posture. The drag on the shoulders above throws out the shoulder blade below and results in the most common defect of posture in children. Side garters too tightly drawn up have the same result in pulling down on the shoulders. As to socks, if the knee is covered, its circulation is more even and it is probably less liable to infection.

Outer garments, according to temperature, may vary from a short sweater to a knitted garment covering the child from head to foot. A light sweater and a washable corduroy coat furnish garments not too heavy to run about in comfortably, while leggings are less cumbersome than knitted overalls. The sweater should always be worn over the indoor garments and reenforced by a coat if it is not enough protection as an out-of-door garment. It should be taken off when a child comes from out-of-doors into a warm house, for a constantly perspiring child is susceptible to colds. Moreover, the purpose of the sweater as an extra garment is defeated if worn constantly indoors.

Shoes are too thoughtlessly bought. Every mother should understand the general principles of shoe fitting. Shoes should be full length, having a snug heel, spreading toe, and a straight line up the inner (big toe) side. Up to three years of age a spring heel is satisfactory, and after that, a low, broad heel. High shoes are better up to three years of age. The heels and soles should be watched

## Weekly Radio Talks

### CAMPERS, CARRY A SPADE.

A spade is an absolutely necessary utensil to take along on a camping trip. Not only is it useful in digging trenches and leveling the ground over which a tent may be pitched, but it is also an absolute necessity in maintaining camp sanitation. All remnants of food, empty tin cans, papers, cartons, old bottles and other waste matter of every description should be buried as soon as possible. Flies should never be permitted to come into contact with any camp refuse. Pollution of any stream, lake or other body of water is a violation of the law, and may be a distinct menace to the health of other persons. In burying camp refuse it is important that all such material be buried at considerable distance from any stream and it should be buried at sufficient depth to prevent access to insects and animals. Don't forget to carry a spade. It is even more useful than an axe on a camping trip.

to see how the child wears them. They can be easily built up by a metal peg or a strip of leather running from the middle of the sole in front to the middle of the heel. The child who runs over its heels and soles should have foot gymnastics. Running on the toes with the shoes off, picking up marbles with the bare toes, and tip-toeing along a carpet seam all tend to develop the foot muscles and to straighten wobbly ankles.



### Two Deaths from Plague.

Fatal cases of plague in human beings have occurred recently in the rural districts of Alameda and Santa Cruz counties. Evidence tends to show that the Alameda case was contracted through possible contact with infected ground squirrels and that the source of the Santa Cruz County case can be found in infected rats. Representatives of the California State Board of Health and of the United States Public Health Service investigated both cases and Dr. Karl F. Meyer of the Hooper Medical Research Foundation is cooperating in the bacteriological investigations.



It costs less to keep a baby alive than to bury it. **HAVEN EMERSON, M.D.**



### The Smallpox Situation.

While fewer cases of smallpox have been reported in California recently, there is considerable significance in the fact that among the comparatively few cases now reported, there are more virulent cases than have appeared for several years past. Whether the increased severity of the disease is due to a new strain imported from Mexico or whether it is due to the development of a more virulent California strain, through the failure of many individuals to become vaccinated, has not been established. It is probable, however, that both of these factors have to do with the increased virulence of smallpox in many parts of the state. Some authorities believe that smallpox is about ready to appear in widespread epidemics of great virulence. The present situation, throughout the country, has been compared to a volcano which has given forth distinctive rumblings, warning of an approaching eruption. Health officers who are interested in protecting the health of the residents of their communities would do well to urge all persons residing in the territories under their jurisdiction to make certain that they have been successfully vaccinated recently. This is the cheapest and most effective insurance against smallpox.



### Typhus Fever in California.

Cases of typhus fever are occasionally reported in California. Since the disease is endemic in Mexico it is expected that cases will be discovered occasionally. Health officers in the southern part of the state are particularly alert in safeguarding against this disease. Three cases, undoubtedly typhus, have occurred recently in southern California and it is reasonable to assume that mild cases of the disease, many of which are never discovered, occur with more or less frequency in this part of the state. Health officers who isolate immediately all cases that may be suspicious of typhus and who institute delousing operations without delay are to be commended for their vigilance and thoroughness.



"Of every thousand people whose teeth we X-ray, 58 per cent show root abscesses. Out of 4100 consecutive cases that had routine X-rays, only 76 showed absolutely normal conditions."—Life Extension Institute.

### Preschool Examination Important.

The most important physical examination in the school life of the child is the one occurring at the time the child enters school for the first time. This is the conclusion drawn by Dr. S. Josephine Baker from her studies of school health supervision. Most public schools in California will open next month and it is important that wherever possible children entering California schools for the first time should receive thorough physical examinations with possible defects noted. Health officers have, in this procedure, an opportunity for doing a really constructive piece of work.



### Interesting Public Health Lectures.

The course of lectures in public health now being given at the State Teachers College in San Francisco under the leadership of Dr. Haven Emerson is very successful. These lectures are given every afternoon at four o'clock, with the exception of Saturday, when the hour for the lecture is set at ten a.m. The general public is invited to attend the course, which will continue through August fifth.



### Maternity and Child Welfare in New York State.

A law recently enacted in New York State converts the existing Division of Child Hygiene into a Division of Maternity, Infancy and Child Hygiene and makes available for its use, together with the amount in the regular appropriation for the Child Hygiene Division, the sum of \$160,000. Concerning this appropriation the Law and State Charities Aid Association News says: "This is approximately the amount which would have been made available if the state had accepted the provision of the Sheppard-Towner Act. The functions of the new division include the following: Making surveys and studies of local conditions affecting the health of mothers and children; giving advice to different localities as to providing adequate care for mothers and children to whom such care is not otherwise available; holding health consultations in the rural districts; educational work in the hygiene of maternity and infancy; supervision in training of midwives; prevention of blindness in infancy, and care of crippled children."



MORBIDITY.

Smallpox.

Only fourteen cases of smallpox were reported last week, distributed as follows: Bakersfield 1, Fullerton 2, Hayward 1, Los Angeles 2, Mariposa County 2, Monterey County 1, Redondo Beach 1, San Francisco 1, San Jose 1, and Santa Clara County 2.

Typhoid Fever.

Twenty-four cases of typhoid fever were reported last week, the distribution being as follows: Grass Valley 1, Imperial 1, Los Angeles 5, Oakland 3, Orange County 1, Sacramento 1, San Bernardino 1, San Francisco 4, San Joaquin County 4, Santa Paula 1, and Stockton 2.

Cerebrospinal Meningitis.

Riverside County and San Francisco each reported one case of this disease last week.

Epidemic Encephalitis.

Two cases of this disease were reported last week, one from Merced County and one from Winters.

Leprosy.

One case of leprosy was reported last week from Sacramento.

Poliomyelitis.

Los Angeles reported one case of poliomyelitis last week.

Excesses of all kinds, particularly in the use of alcohol, lower the vitality and prepare the favorable soil for tuberculosis—Otis.

LIST OF DISEASES REPORTABLE BY LAW.

ANTHRAX	MEASLES
BERI-BERI	MUMPS
BOTULISM	OPHTHALMIA NEONATORUM
CEREBROSPINAL MENINGITIS (Epidemic)	PARATYPHOID FEVER
CHICKENPOX	PELLAGRA
CHOLERA, ASIATIC	PLAGUE
DENGUE	PNEUMONIA
DIPHTHERIA	POLIOMYELITIS
DYSENTERY	RABIES
ENCEPHALITIS (Epidemic)	ROCKY MOUNTAIN SPOTTED (or Tick) FEVER
ERYSIPELAS	SCARLET FEVER
FLUKES	SMALLPOX
FOOD POISONING	SYPHILIS*
GERMAN MEASLES	TETANUS
GLANDERS	TRACHOMA
GONOCOCCUS INFECTION*	TUBERCULOSIS
HOOKWORM	TYPHOID FEVER
INFLUENZA	TYPHUS FEVER
INFECTIOUS JAUNDICE	WHOOPING COUGH
LEPROSY	YELLOW FEVER
MALARIA	

\*Reported by office number. Name and address not required.

QUARANTINABLE DISEASES.

CEREBROSPINAL MENINGITIS (Epidemic)	POLIOMYELITIS
CHOLERA, ASIATIC	SCARLET FEVER
DIPHTHERIA	SMALLPOX
ENCEPHALITIS (Epidemic)	TYPHOID FEVER
LEPROSY	TYPHUS FEVER
PLAGUE	YELLOW FEVER

COMMUNICABLE DISEASE REPORT.

Disease	1922				1921			
	Week ending			Reports for week ending July 22 received by July 25	Week ending			Reports for week ending July 23 received by July 27
	July 1	July 8	July 15		July 2	July 9	July 16	
Anthrax	0	0	0	0	0	0	0	0
Cerebrospinal Meningitis	2	2	0	2	6	5	4	4
Chickenpox	82	56	49	30	95	59	70	30
Diphtheria	153	99	112	85	105	99	114	78
Dysentery (Bacillary)	4	6	0	1	8	1	4	3
Epidemic Encephalitis	3	4	1	2	2	1	5	5
Gonorrhoea	58	106	87	77	56	75	85	114
Influenza	7	5	12	6	14	5	16	1
Leprosy	1	1	1	1	3	1	0	0
Malaria	1	2	7	4	7	3	5	12
Measles	20	13	15	18	169	99	101	37
Mumps	18	19	29	6	69	37	52	27
Plague	1	0	0	0	0	0	0	0
Pneumonia	53	85	52	20	33	41	87	17
Poliomyelitis	5	0	2	1	2	3	3	6
Scarlet Fever	67	43	44	31	66	52	51	34
Smallpox	22	37	27	14	69	59	54	26
Syphilis	68	80	109	86	46	68	50	65
Tuberculosis	135	234	160	97	168	112	150	118
Typhoid Fever	20	31	36	24	23	24	23	17
Whooping Cough	93	120	82	56	58	53	74	33
	812	943	825	561	1000	797	953	627